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DEPTH DRILLS

Metro projects Giants, Jets depth charts ahead of season openers this weekend. 21

ISTOCK & NFL

GREENWICH ENTERTAINMENT

New documentary explores the career of singer Linda Ronstadt. 16-17

Meet shochu bachiwari, your new favorite end-of-summer cocktail. 15

DANGEROUS DORIAN

As the second-strongest Atlantic storm on record idled over the Bahamas Monday, where 220 mph wind gusts and rising waters leveled homes and led to five confirmed deaths, state officials from Florida to South Carolina gave evacuation orders to a million people preparing to receive the Category 4 hurricane on U.S. East Coast shores this week. 8

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4 THINGS TO KNOW

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80° | 70°	85° | 66°	73° | 61°	71° | 61°	76° | 63°
Sunny	Mostly sunny then slight chance showers	Sunny	Chance of showers	Sunny

West Indian Day Parade

Daylong rains drew a smaller-than-usual crowd, but die-hard revelers brought spirit and sequins to Eastern Parkway in Brooklyn on Monday for the annual celebration of Caribbean culture and heritage.

MATT KINSEY | GETTY IMAGES

1

Parade participants walk in the annual West Indian Day Parade.

New York City Mayor Bill de Blasio.

New York Gov. Andrew Cuomo.

Richie Beaubrun carries his mask to the subway before the annual West Indian Day Parade.

AG Barr: Expedited death penalty for mass shooters

2 U.S. Attorney General William Barr has drafted legislation that would speed the death penalty for people who have committed mass murder, a White House official said on Monday. Marc Short, chief of staff to Vice President Mike Pence, told reporters on Air Force 2 that the measure would be part of a package of gun legislation that the White House intends to propose to Congress. Pence, who is traveling in Europe, had been in contact with Barr about the issue, Short said. The White House has been working on measures to address gun violence after several recent mass shootings. President Donald Trump has voiced support for tackling mental health issues related to the violence while also looking at expanded background checks, an issue on which he has wavered. REUTERS

US to pull 5,000 troops from Afghanistan: Negotiator

3 The United States would withdraw almost 5,000 troops from Afghanistan and close five bases within 135 days under a draft peace accord agreed with the Taliban, the chief U.S. negotiator, Zalmay Khalilzad, said on Monday. The deal, reached after months of negotiations with representatives from the insurgent movement, must still be approved by U.S. President Donald Trump before it can be signed, Khalilzad said in an interview with Tolo News television. "In principle, we have got there," he said. "The document is closed." In exchange for the phased withdrawal, the Taliban would commit not to allow Afghanistan to be used by militant groups such as al Qaeda or Islamic State as a base for attacks on the U.S. and its allies. Khalilzad said the aim of the deal was to end the war and that it would lead to a reduction in violence. REUTERS

Guatemala arrests former presidential candidate Torres

4 Guatemalan police arrested former presidential candidate Sandra Torres at her home on Monday on charges of violating campaign finance rules, just hours before the departure of a U.N. anti-corruption commission that shook the political class. A former first lady, the 63-year-old Torres finished second to President-elect Alejandro Giammattei last month in her third attempt to win the office. For more than a decade one of the Central American country's most prominent politicians, she has long faced accusations of corruption, allegations she has denied. The fight against corruption has dominated Guatemala's political scene since the International Commission against Impunity in Guatemala (CICIG) helped topple a president in 2015. Torres' arrest and a case against a sitting minister last week appear to be final blows by the body. Its mandate ends on Tuesday, after 12 years. REUTERS

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Naomi Osaka of Japan reacts after losing a point against Belinda Bencic of Switzerland. REUTERS

Defending champion Osaka falls to Bencic at US Open

World No. 1 out in one of tournament's biggest upsets.

Holder Naomi Osaka of Japan was upset 7-5 6-4 by Belinda Bencic in the fourth round at the U.S. Open on Monday as the Swiss reached the quarterfinals for the second time.

Bencic, seeded 13th, broke the world No. 1 in the first game of the match under the closed roof of Arthur Ashe Stadium and her superior serving carried the day as she won 82 percent of her first serve points on a rainy day in New York.

Momentum swung firmly in the 22-year-old Bencic's direction in the second set when Osaka double faulted to hand the Swiss a 3-2 lead and the top-seeded Japanese, who appeared to struggle with a troublesome left knee, was unable to recover.

The win meant Bencic improved to 3-0 this year against the 21-year-old Osaka, who came through an emotional straight sets win over 15-year-old American Coco Gauff in the third round.

Bencic, who also reached the quarterfinals in 2014 but has struggled with injuries in recent years, said that taking Osaka's powerful serve early was key to her victory.

"I was so excited to come on the court, the challenge could not be bigger so I had to be on top of my game," she said in an on-court interview.

"I'm really pleased with how I played and how I managed my nerves in the end," she added.

> **"I was so excited to come on the court, the challenge could not be bigger so I had to be on top of my game."**
>
> **Belinda Bencic**

"I'm not the person with the most winners or aces, I had to play it a bit like chess with tactics on the court."

Next up for Bencic is a meeting with Donna Vekic, who came from behind to see off Julia Gorges with a 6-7(5) 7-5 6-3 victory on Louis Armstrong Stadium court. REUTERS

Belinda Bencic of Switzerland celebrates after match point against Naomi Osaka of Japan. USA TODAY SPORTS

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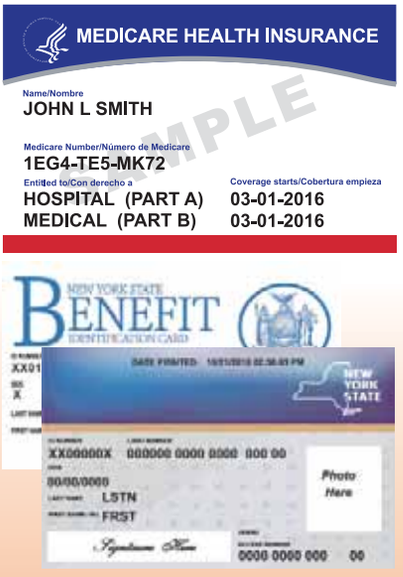

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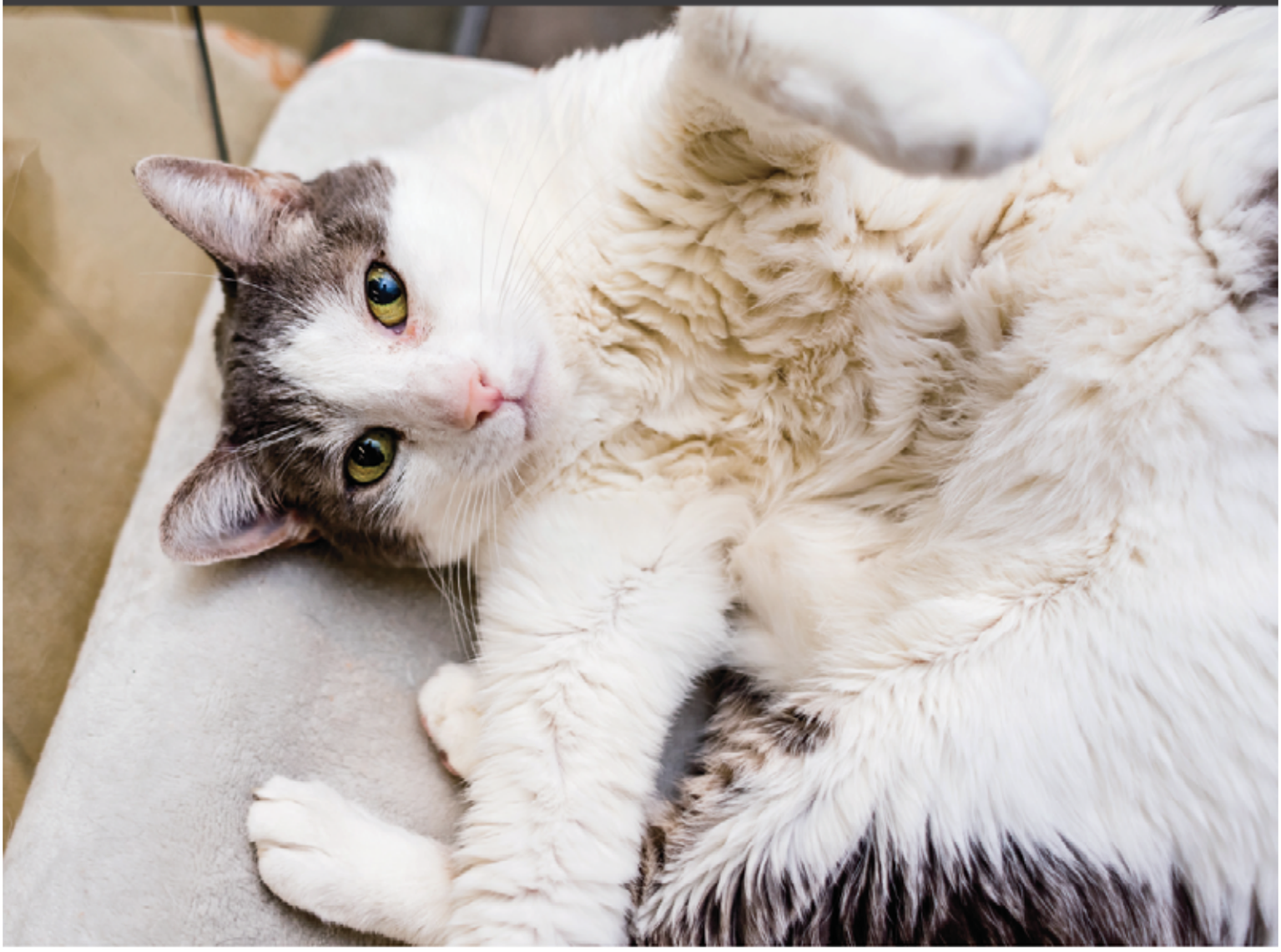

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Geese bred for foie gras. GETTY IMAGES

New Yorkers may have to say 'au revoir' to foie gras

Activists and officials are seeking to ban the sale of the controversial luxury food item.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

A proposed bill in New York City seeks to prohibit the sale of foie gras across the city, on the basis of animal cruelty.

Foie gras is a French term that roughly translates to "fatty liver." Considered a luxurious yet controversial food item, foie gras is made of the liver of a duck or goose that has been fattened via the force-feeding of corn by means of a feeding tube, a process also known as "gavage."

Councilwoman Carlina Rivera (D-Lower Manhattan) is heading the legislation for the bill, which was proposed in January.

Critics argue that foie gras inflicts suffering on the birds.

The New York Times reported that NYC is one of the most substantial markets for the product, with over a thousand restaurants serving the menu item.

According to the Council's website, "This bill would prohibit the sale or offer for sale of foie gras made from force-fed birds, and in food service establishments would further prohibit the provision of such foie gras in any manner. Violators would be guilty of a misdemeanor and punished by a fine no greater than $1,000, or no more than one year imprisonment, or both, for each violation."

It is possible for a vote on this bill to come this fall, and at least half of City Council has supported and signed on to the bill. It was reported that Mayor Bill de Blasio also supports the bill.

New York City is not the first to consider banning foie gras. At one point, Chicago passed a ban on the delicacy, but it was later repealed. California also has a ban on the dish.

This is the third time the legislation has come up at a state level; previously, it had not made much progress.

The New York Times reported that two of three foie gras farms in the United States are located in upstate New York City, and about 30 percent of their business comes from New York City restaurants. Together these farms employ around 400 people, who would all be affected by the ban.

BRIEF

Eight dead, dozens missing as fire sinks California dive boat: Sheriff

Four bodies were recovered on Monday from a pre-dawn fire that sank a scuba-diving boat off a Southern California island and four other bodies were discovered on the ocean floor near the vessel, Santa Barbara County Sheriff Bill Brown said.

The boat had nearly 40 people onboard when the fire erupted, Brown said.

The fire broke out aboard the Conception, a 75-foot boat, at about 3:15 a.m. while it was moored just off the shore of Santa Cruz Island, the U.S. Coast Guard said in a statement.

Five crew members aboard escaped the fire while the passengers slept in the ship's lower quarters.

"The crew was already awake and on the bridge and jumped off," Coast Guard Captain Monica Rochester told a news conference in Oxnard.

The crew members sought refuge on a fishing boat moored a few hundred feet away, banging on the side to wake up Bob Hansen and his wife, who were sleeping onboard.

"When we looked out, the other boat was totally engulfed in flames, from stem to stern," Hansen said in an interview with The New York Times.

After borrowing clothes from the Hansens, some crew members headed back toward the Conception to look for survivors without luck, Hansen said.

U.S. Sen. Dianne Feinstein, a Democrat who represents California, called for an investigation.

"It's inconceivable that with all the safety regulations we have in place today, a fire on a boat can lead to the loss of life we saw this morning," she said in a statement.

REUTERS

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‘Extremely dangerous’ Dorian batters Bahamas, edges closer to Florida

Bahamas Press reported storm’s first fatality, a 7-year-old boy.

Hurricane Dorian battered the Bahamas on Monday, peeling off roofs and snapping power lines as rising floodwaters threatened to engulf houses, and forecasters said the storm would creep closer to the U.S. coast, where more than a million people were ordered evacuated.

The Bahamas Press reported on Twitter that a boy had drowned in the northern Bahamas, the first recorded fatality of Dorian.

As many as 13,000 homes in the Bahamas may have been destroyed or severely damaged, the International Federation of Red Cross and Red Crescent Societies said.

The storm, one of the most powerful Atlantic hurricanes on record, was stalled over Grand Bahama Island, packing maximum sustained winds of 155 mph and moving at 1 mph, the Miami-based National Hurricane Center (NHC) said in an advisory. Dorian was expected to pound Grand Bahama for much of the day.

13K

As many as 13,000 homes in the Bahamas may have been destroyed or severely damaged.

Strong winds and high surf were already being reported along Florida’s east coast as the hurricane was about 110 miles from West Palm Beach, the center said, adding that Dorian would come dangerously close to the state Monday night through Wednesday evening.

Parts of Duval County, home to Jacksonville, one of Florida’s two biggest cities, were under a mandatory evacuation. Palm Beach County, the state’s third-most populated county and home to President Donald Trump’s Mar-a-Lago resort, was among those with partial mandatory evacuations.

Florida Gov. Ron DeSantis urged coastal residents to heed evacuation orders. “Get out now while there’s time and you have fuel available,” he said in a news conference from the state’s emergency operations center in Tallahassee.

In central Florida, Mary McNiff, 92, was waiting in a wheelchair to board a bus that would evacuate her from her retirement community in Kissimmeee. “Right now I’m feeling pretty good. Kind of anxious to get it over with,” she said.

There were no immediate estimates of casualties as Dorian covered the northwestern islands of Great Abaco and Grand Bahama with twisted metal and splintered wood.

Dorian was downgraded to a Category 4 storm on the five-step Saffir-Simpson Wind Scale late Monday morning. But the NHC said it would remain a powerful hurricane for the next couple of days.

The storm will raise water levels by as much as 18 to 23 feet above normal in areas of Grand Bahama and be accompanied by large and destructive waves, the NHC said. It warned of the risk of “extreme destruction on the island.”

Residents posted images online of water rising up the side of their houses. Grand Bahama International Airport in Freeport was under five feet of water, according to the Bahamas Press. REUTERS

Strong winds on Oceanhill Boulevard in Freeport, as Hurricane Dorian passes over Grand Bahama Island, Bahamas, on Sept. 2, 2019, in this still image taken from a video by social media. REUTERS

Texas gunman fired from job before massacre; victim IDs emerge: Media

The man who killed seven people and wounded 22 others, including a toddler, in a rolling rampage across West Texas on Saturday was fired from his trucking job hours before the massacre, media and officials reported.

Details about the Labor Day weekend shooting and the names of some of the victims were emerging online and from officials on Sunday and early Monday. Police continued to comb through 15 different crime scenes in neighboring Midland and Odessa, Texas.

The gunman, identified by police as Seth Aaron Ator, 36, of Odessa, had been fired from his truck-driving job in Odessa on Saturday morning, The New York Times and other media reported.

Hours later, Ator was pulled over in Midland by Texas state troopers on Interstate 20 for failing to use a turn signal, police said.

Armed with an AR-type rifle, Ator fired out the back window of his vehicle, injuring one trooper. Then he drove away spraying gunfire indiscriminately, the Texas Department of Public Safety said in a statement.

People gather for a vigil following Saturday's shooting in Odessa, Texas. REUTERS

At one point, Ator abandoned his vehicle and hijacked a U.S. postal van and mortally wounded the postal carrier, identified by postal officials as Mary Grandos, 29.

Ator was later cornered by officers in the parking lot of a cinema complex in Odessa. He was shot and killed.

"There are no definitive answers as to motive or reasons at this point, but we are fairly certain that the subject did act alone," Odessa Police Chief Michael Gerke said at a news conference.

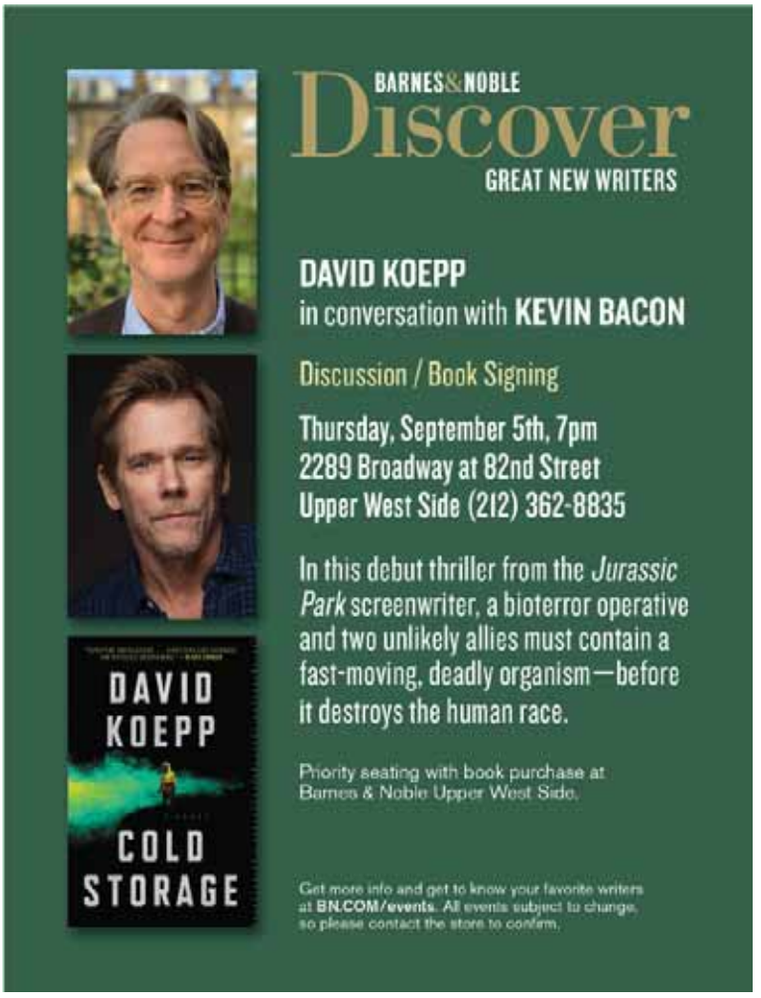
Online court records showed Ator had convictions in 2002 for criminal trespass and evading arrest. The Midland Reporter-Telegram newspaper quoted a state lawmaker, Rep. Tom Craddick, as saying he had previously failed a background check.

Gerke offered his condolences to their families of the dead and wounded.

"My heart aches for them all," he said.

Among the dead was Grandos, who various news media reported was at the end of her shift and on the telephone with her twin sister Rosie Grandos.

"She didn't deserve this," a tearful Rosie Grandos said in an interview with CNN late Sunday. "I was talking to her on the phone and she said she heard gunshots but didn't know where they were coming from. REUTERS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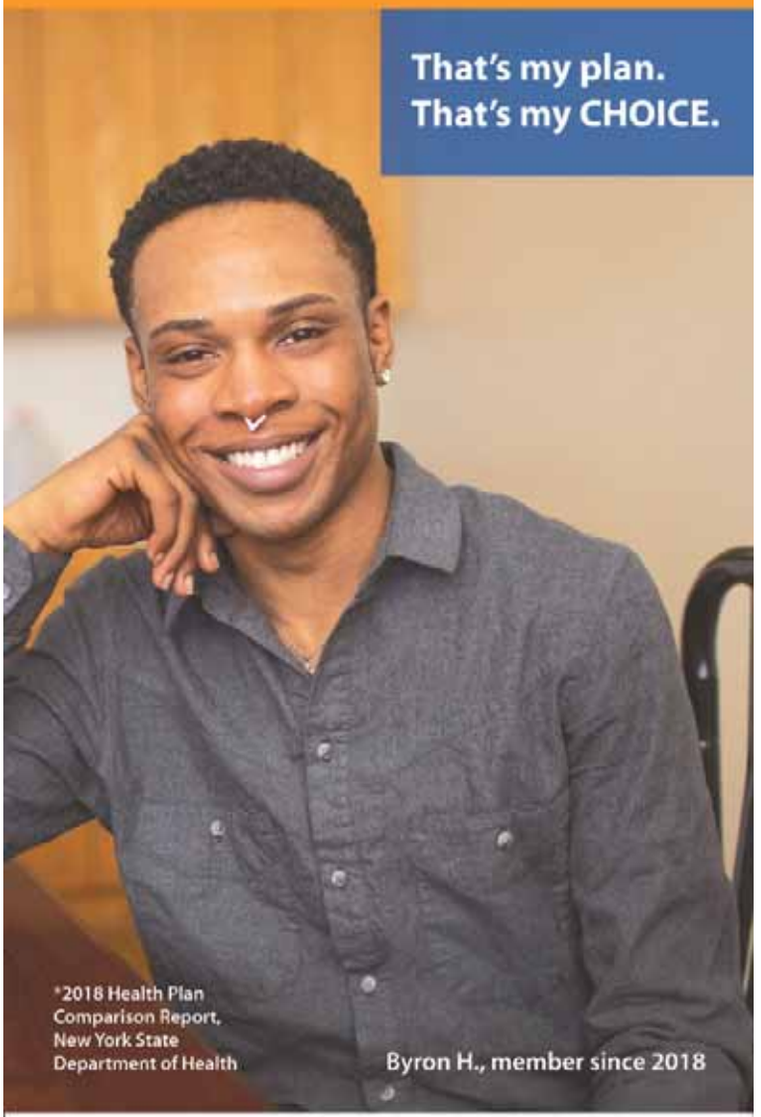
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Do you believe in the good in others? ISTOCK

Are people fundamentally good or bad? Study sheds light on the debate

The findings might just surprise you.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

We could all use a little more positivity in our lives. A recent study is here to remind everyone that despite how crazy the world gets, there is still a lot of goodness in the world.

A survey by 1-800 Contacts found that 83 percent of people believe "people are fundamentally good." Dissecting the information a bit more, 91 percent of baby boomers believe that people are good, which is the highest rate among populations, whereas only 75 percent of Gen Z believe people are good.

It is believed that younger people are more "plugged" into social media than the older generations, which might cause them to have a more jaded view of the world. However, the survey also shared that as people age, they get more optimistic.

When it comes to actually putting good deeds into action, the survey discovered that overall, 80 percent of people believe that all people have a responsibility to help others with time and effort. Only 72 percent believe all people have a responsibility to help others with financial support.

Overall, everyone surveyed believes in giving back, and the No. 1 way people have given to the less fortunate is by donating money to charity; 82 percent of people surveyed have donated money to a cause, and 56 percent gave their time to charity.

Beyond giving time and money to organizations and those in need, folks believe in real-life superheroes. People often wonder, "What would happen to me if I got hurt in public? Would someone help me?" — and research shows that 87 percent of people believe a stranger would help them in case of a medical emergency.

83%
Of people believe that "people are fundamentally good."

Over half of those surveyed have witnessed a public medical emergency, and it was reported that 53 percent of them actually helped the person in need. So, everyone has a little superhero in them.

The hallmark trait when it comes to positivity that people saw reflected in themselves and others was compassion. Fifty-three percent of those surveyed saw compassion in others, and 68 percent saw that trait within themselves.

Anti-Brexit protesters demonstrate outside the Cabinet Office in London, Britain, Sept. 2, 2019. REUTERS

UK PM Johnson threatens election ahead of Brexit battle in parliament

Prime Minister Boris Johnson implicitly warned lawmakers on Monday that he would seek an election if they tied his hands on Brexit, ruling out ever countenancing a further delay to Britain's departure from the European Union.

Johnson's promise to take the United Kingdom out of the European Union on Oct. 31 with or without a divorce deal has propelled the nation toward constitutional crisis and confrontation with the bloc's 27 other members.

With less than 60 days before a possible no-deal exit, an alliance of opposition lawmakers are plotting with rebels in Johnson's ruling Conservative Party to block that and force him to delay Brexit for three months.

But Johnson, who made his name as an E.U.-bashing journalist in Brussels before entering politics, said he would never do that, after his predecessor Theresa May twice postponed Brexit.

"I want everybody to know there are no circumstances in which I will ask Brussels to delay: we are leaving on 31st October, no ifs or buts," Johnson said in a hastily-organized statement at a lectern outside Number 10 Downing Street.

"We will not accept any attempt to go back on our promises," Johnson added. "I don't want an election. You don't want an election. Let's get on with the people's agenda."

Britain's Brexit dilemma is its most consequential political decision since World War II.

Opponents of a no-deal exit say it would be a disaster for the economy, while Brexit supporters are eager to cut Britain free from what they see as a doomed experiment in integration that has seen Europe fall behind China and the United States.

Johnson, the face of the Vote Leave campaign in the 2016 referendum, said that if lawmakers voted to delay Brexit they would "plainly chop the legs out from under the U.K. position and make any further negotiation absolutely impossible."

If parliament defeats the government on Brexit, a vote on holding an election will be held on Wednesday with an election date of Oct. 14, according to a senior government source.

BIG STAKES

The intervention by Johnson was part of the high-stakes political chess game over Brexit ahead of parliament's return from its summer break on Tuesday.

Rebels and opponents of the government say Johnson is betting on an election that he will cast as being forced on him by opponents of Brexit in parliament.

Lawmakers opposed to a no-deal Brexit will seek on Tuesday to take control of parliamentary time on Wednesday to pass legislation which would force Johnson to seek a three-month delay to Brexit.

More than three years since the United Kingdom voted 52-48 percent to leave the E.U., it is still unclear on what terms, or indeed whether, Brexit will take place.

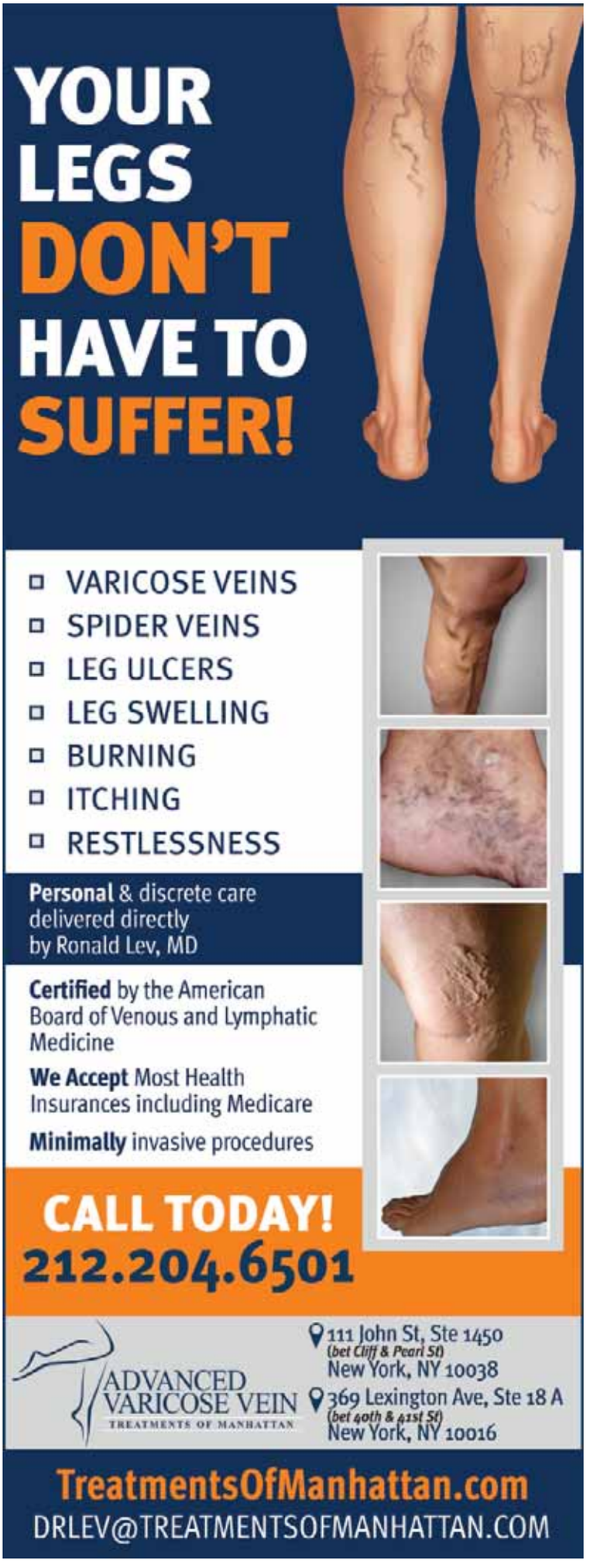
After Johnson's enforcers warned rebels they would be kicked out of the party if they defied him, speculation mounted he would call for an election just days before an E.U. summit due on Oct. 17-18.

> **"I don't want an election. You don't want an election. Let's get on with the people's agenda."**
>
> **Boris Johnson, U.K. prime minister**

Under British law, two-thirds of lawmakers must support holding an early election, and Johnson is not certain to get that backing.

The United Kingdom has held a variety of extraordinary votes in recent years. In 2014, Scots rejected independence in a referendum; in 2015, then-prime minister David Cameron won a surprise majority on a pledge to hold an E.U. referendum but lost the referendum the following year.

REUTERS



Doctors Urge Knee Pain Sufferers

"Don't Get ANY Surgery Until You SeeThis…"

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

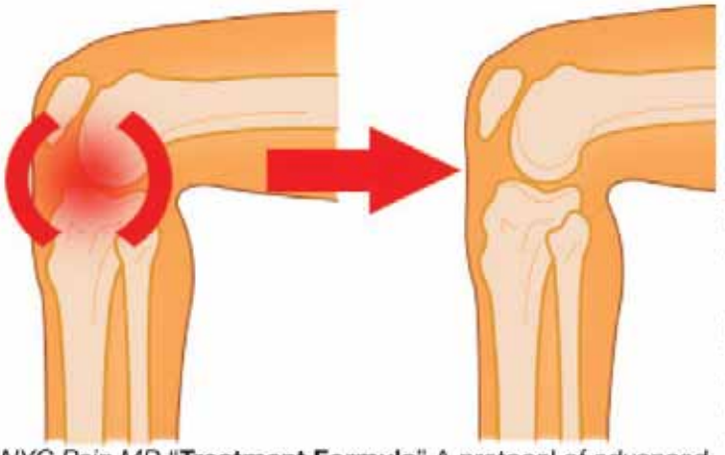
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

NYC PAIN MD

www.PainMDNY.com

877-296-6310

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments*... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

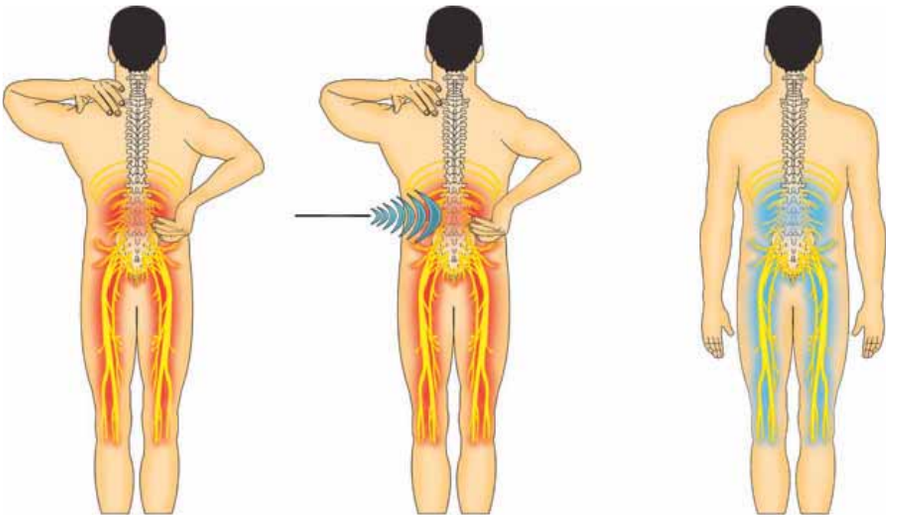
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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READER WRITE-INS:

MAN-CHILDREN WITH THEIR TOYS

What is wrong with these "grown-up" man-children who ride their ATVs, motorcycles and dirt bikes up and down the street all day long? Don't they have anything better to do than disturb the whole neighborhood and create a traffic hazard? I wish the police would confiscate their toys and bring some peace and quiet to the hood.

— **Carolyn,** *Metro Philly reader*

ISTOCK

metro.us/horoscopes

Aries Think big, but stick to what's reasonable. If you are practical but also imaginative, you will come up with a plan that will help expand your interests.

Taurus You've got what it takes to close a deal, finish what you start, attract support and motivate and inspire others. Don't waste time procrastinating; take action.

Gemini Someone will mislead you. Ask questions and distance yourself from anyone who is being pushy or trying to force you in a direction you shouldn't go.

Cancer Positive changes at home or work will lead to better relationships with the people you deal with daily. Love and romance are on the rise and will improve your personal life.

Leo Get busy. The less time you have to get involved in what everyone else is doing or saying, the better. Self-help, healthy living and personal growth are favored.

Virgo Follow the path that excites you the most. Getting involved in something new will lead to interesting encounters with people who motivate you to follow your heart.

Libra Buy only what you can afford. Living beyond your means will get you in trouble with someone who shares expenses with you. Do your best to keep the peace.

Scorpio If you share your feelings and desires with someone special, you'll find out where you stand and how best to move forward. Personal improvements at home and work will pay off.

Sagittarius Talks will be misleading. Listen carefully and decipher the meaning behind the words. Don't let gullibility cost you mentally, physically or financially. Moderation is encouraged.

Capricorn A change at home or work looks promising. Financial gain, greater responsibility and a higher title, along with some perks that will raise your self-esteem, are heading in your direction.

Aquarius Impulse purchases should be nipped in the bud. Think about every cent you spend. You cannot buy love or respect. The more you save, the better you will feel.

Pisces If you keep moving forward, inch by inch, you will get good results. You can count on loyal friends to help if you ask them. Don't be shy. Call in favors. EUGENIA LAST

A variety of shochu for you to choose from for your shochu bachiwari cocktail.
LILY BROWN/ MST CREATIVE PR

Becca Glasser-Baker considers herself an adopted New Yorker. Although she studied culinary arts in New Jersey, she credits her passion for cocktails to exploring New York City. When she's not writing, she's probably baking, hanging out with friends, blasting Taylor Swift or petting dogs. When she's not sipping on a cocktail, she's busy indulging in exotic teas. Email her at **Rebecca.glasser@metro.us** with tips, trends, favorite spots and cocktail ideas.

MEET SHOCHU BACHIWARI, YOUR NEW FAVORITE END-OF-SUMMER COCKTAIL

A new type of sangria-inspired drink is in town. It's called shochu bachiwari, and you're going to fall in love with the limited-edition drink at Aburiya Kinnosuke just like I did. It's a mixture of Japanese favorite shochu, water, ice and fruit.

Let's dive in to the first question: What is shochu? Shochu is a distilled liquor made from a variety of different bases, and it's most commonly made from potato, barley or rice. I personally fell in love with the sweet-potato variety, which has a sweeter finish. If you're a whiskey lover, you'll love the barley variety which had a robust flavor profile. The strongest flavor profile out of the types I tasted was the rice, and it's perfect for someone who loves a strong drink.

If you want to really dive in to shochu, a great starting point for you is the barley variety. Most folks compare it vodka, but it's totally different. It's also very different from Korean shochu.

When you add water to your shochu, the flavor becomes more profound, which I thought was fascinating. I had never tried shochu before testing out Aburiya Kinnosuke's shochu bachiwari, and now I can't stop thinking about it.

At Aburiya Kinnosuke, you can create your own perfect shochu bachiwari. At the restaurant, you can create a custom drink based on you and your friends, family or significant other's drink preferences. It makes for an enjoyable date night or night out with friends.

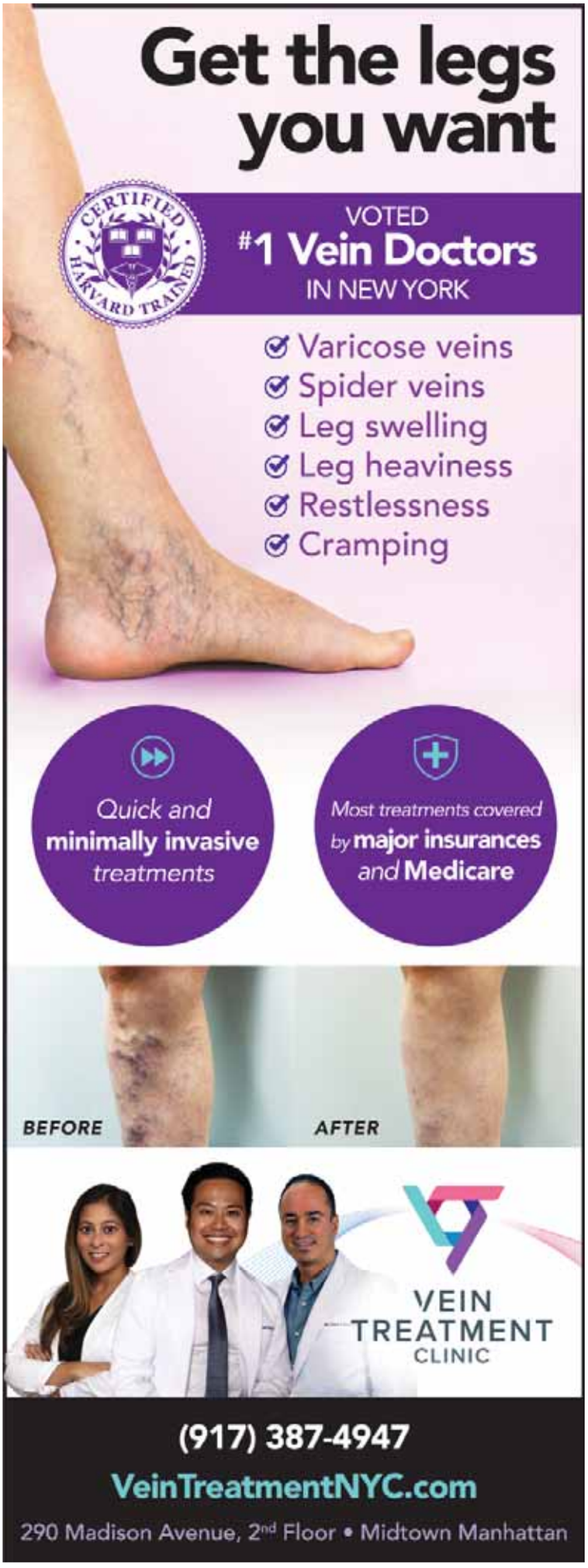
When it comes to creating your perfect shochu bachiwari, you get to choose the variety of shochu to use in the drink. If you're not sure which variety of shochu to taste, ask! The servers are happy to let you sample the drink, so you can best determine which shochu works for your palate.

Besides choosing the spirit, you also select a variety of fruits to pair with the spirit. You can opt for the "Fireworks," which includes sliced oranges, lemons and limes; the "Ume Shiso" with plum and shiso leaves; and the final option, "Kappa," which is a combination of cucumbers and grapefruit. My favorite pairing was the barley variety paired with the "Fireworks" fruit. It was a delicious and refreshing drink, making it a perfect end-of-summer drink.

Once you determine your perfect combo, a server will bring you a bowl (bachi), and it will be filled with ice and the chosen fruit, along with some glasses and a serving spoon. After the bowl is brought out to you, the server will pour the shochu over the fruit and gently mix the flavors together and — violá — you're ready to drink.

On top of the incredible shochu bachiwari, Aburiya Kinnosuke has an excellent cocktail and food menu, with a few dishes featuring wagyu beef. If you're worried the shochu bachiwari will be too much, you can check out their tasty cocktails.

Visit Aburiya Kinnosuke at 213 E. 45th St. and try the shochu bachiwari for yourself.



New documentary explores the underrated power of Linda Ronstadt

The new documentary "Linda Ronstadt: The Sound of My Voice" hits theaters this Friday.

PAT KING
patrick.king@metro.us

ALL PHOTOS GREENWICH ENTERTAINMENT

When I sat down with filmmakers Rob Epstein and Jeffrey Friedman to talk about their new documentary, "Linda Ronstadt: The Sound of My Voice," they asked me how familiar I had been with the famed singer's career. Given how expansive and multi-faceted the legendary singer's career was during her 40-plus years in the spotlight, I felt sad to say that I had been unfamiliar with many of the risks she had been able to take as an artist. Of course, I knew the hits, as many of us do. But, what this new documentary is able to accomplish is a revelatory and well-rounded portrait of one of music's great trailblazers for those who, like me, may have not been aware.

During her astounding run — which was sadly sidelined in 2011 due to her struggle with Parkinson's disease — Tuscon, Arizona native Ronstadt spanned several genres, including pop with her first hit "Different Drum," country, rock, Mexican romantic balladry, starring roles on Broadway, and even opera. There were no barriers that could contain Ronstadt's powerhouse of a voice.

"When her book came out — she wrote an autobiography called 'Simple Dreams' [in 2013] — she was on 'Fresh Air' with Terry Gross and it was one of those interviews where I was in a car and I had to pull over and listen to the whole thing," remembers Epstein. " I was so captivated by her telling her own musical journey story. I read the book and was taken by her literary voice and her own telling of her own experience. I thought it would be great to do this as a film and to do it with her really telling the story in the way she did in the book."

Epstein had been completely blown away by Ronstadt's life in entertainment and her willingness to lay it out bare in her book. He spoke with his filmmaking partner, Friedman, and after reading the book, he agreed that her story was a fascinating one that needed to be told through film.

"I had always been aware of her music and never really paid that much attention to it," says Friedman. "It was a part of the soundtrack of my formative years. I started to get interested in her when she started branching out into other styles. When she started singing opera and operetta, that blew my mind and captured my attention. There is something interesting going on there with a successful pop recording artist who take those kinds of risks, who also had that kind of range, with the pipes and the craft to sing this other kind of music. That fascinated me."

One overarching trait of Ronstadt that permeates through the film is how unbelievably humble she is and was even throughout her time as one of the darlings of the music business. You get the sense that she was never comfortable in the spotlight and always preferred

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to collaborate, referring to herself as a "harmony singer." For someone with so much talent as a vocalist and a willingness to be veer into uncertain territory with hugely successful results, Ronstadt has a healthy dose of imposter syndrome. Even to this day, she is unsure that her story is worth telling and had feared it would all go away while she was in the prime of her career.

This is something that completely took Epstein and Friedman while they were working with the music legend. "She has so much confidence in her performing," says Friedman, "You would never guess that she was insecure just listening to her sing. She has such control and strength and conviction in everything she sings."

Given Ronstadt's aversion in her career to be seen as a celebrity or the legend she is, at the age of 73, she has been recognized by the community in a profound way, being inducted into the Rock and Roll Hall of Fame in 2014 and named as a Kennedy Center honoree earlier this year.

"I think the world is catching up to recognizing what her contributions really have been to this musical legacy of decades," Epstein posits. It's safe to say her influence is being felt in a big way, and Epstein and Friedman are seeing that in the reception the film is getting after early screenings.

"We spoke with her two weeks ago," recalls Epstein. "We did a joint interview conversation which was very fun. It's bittersweet that we're out there with this film and get to experience the audiences' pleasure in seeing her performances. She's not having that experience. Any opportunity we have to share the love and convey that to her is welcome. This was one of those opportunities where we could have a loose conversation. We remarked how people, in seeing the film, are commenting on her great style and saying she's a fashion icon. She thought that was hilarious! She arrived from Tucson knowing nothing, and now it's 'hippie couture.'"

"Linda Ronstadt: The Sound of My Voice" hits theaters this Friday, Sept. 5.

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What, how and when to eat? Activate your metabolism!

The foods that should be avoided? The fats that do us good? How many fruits we can eat per day? Colombian doctor and nutritionist Carlos Jaramillo answers key questions.

JAVIERA GARCÍA VILCHES, MWN
letters@metro.us

Breakfast is the most important meal of the day. We must eat every three hours. All fats make you fat. These are just some of the beliefs denied by Dr. Carlos Jaramillo (@drcarlosjaramillo). The Colombian specialist in nutrition is now promoting his first book, "The Metabolic Miracle," in which he dismantles the most common myths.

With the premise that we are getting sicker because we eat worse and worse, his book invites people to learn about their metabolism to understand how it works, and find a way to achieve a healthy body. A quite surprising proposal for those who, for years, have followed the recommendations that nutritionists usually give.

Eliminate processed food

You should consume products in their natural state. They can not undergo any technological processes. Ingredients such as dyes, preservatives or sweeteners cannot be added to them. Cookies, chips, carbonated drinks and sugary cereals are some of the foods that should be avoided. "Everything that looks like food, but it is not. What they say tastes and smells like chocolate, but it isn't. The No. 1 rule is to eat real foods," Jaramillo explained.

Insulin and cortisol

Many are unaware of the importance of these substances for our weight. Also known as the stress hormone, cortisol is used to increase blood sugar. When we are going through a stress situation, its levels skyrocket, and this causes an increase in insulin, which when very stimulated causes the body to accumulate fat, block arteries and generate anxiety. "Eating anxiety is a hormonal issue, 100 percent," the expert added.

Control the hunger

Hunger is a reflex, and it is convenient to learn to control it. To do so, it is important to make the body used to eat three times a day and not every three hours. Although

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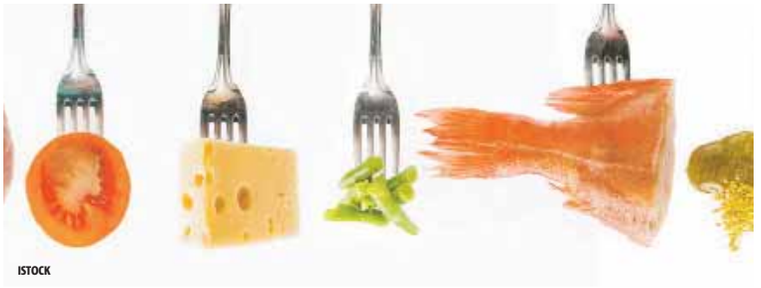
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at first it could seem difficult, after a while the desire to eat every now and then is eliminated. "When we have mind control, we start saying, 'I don't want to have breakfast today,' 'I don't want to have dinner today,' etc. You have to learn to hear the body in those moments. Fasting is absolutely beneficial," Jaramillo stated.

Healthy fats?
Although for years we have condemned fats, it is important to clarify that some of them are healthy and very necessary in a diet. The key is knowing how to choose them. Olive oil, olives, coconut derivatives, avocado, pistachios, almonds, chia seeds, sunflower seeds and flaxseed are some of the products that you can start incorporating into your day-to-day meals without problems. Fish, in addition to being rich in protein and minerals, has a skin with a high content of good and necessary fats.

Less natural juices
To obtain all the benefits that fruits can have, it is not advised to alter their shape. That is, avoid juices, and eat a maximum of one or two servings at breakfast. "Tangerine juice and orange juice are the worst, because it is pure and loose fructose. To make an orange juice, you need three oranges and one person will never eat that," the nutritionist explained. Fructose, which is the sugar in the fruit, does not give energy and does not allow the body to understand that you are full. The doctor explains that this is the reason why we can drink so many glasses of orange juice without feeling satisfied.

Exercise with an empty stomach
Many of us believe that to feel more energy, we must eat. But the author disagrees. "One thing is what we eat, and another is what we use as a source of energy. We have taught our bodies to be sugar-burners. But there are two ways to get energy: the tiny sugar tank that we have in the liver, or body fat. Fat is a much more efficient source.

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Gruff Rhys of Super Furry Animals on the transcendent sounds of 'Pang!'

We caught up with the Welsh singer before his show at Elsewhere this week.

PAT KING
patrick.king@metro.us

Gruff Rhys doesn't like your expectations. In fact, he sees them as the right lane to a fork in the road he would never like to go down. As the lead singer and songwriter in the highly influential Welsh indie-rock band Super Furry Animals Rhys and his group of enthusiastic pop deconstructionists sought a more wide-open space that was left in the wake of the rigidness created by grunge and the dominating alternative radio-rock of the early to mid-'90s.

The band incorporated elements of '60s pop, punk, psychedelia and electronic experimentation into their unique stew to great acclaim the world over. And with his solo career, Rhys has yet to be satisfied with going about business as usual.

"I tend to react to the previous record," Rhys tells me as we discuss his brand-new album, "Pang!", that will be released on Sept. 13 through Rough Trade Records. His last album, "Babelsburg," was backed by a 72-piece orchestra to deliver 10 songs that recalled the grand sculpted pop stylings of Lee Hazelwood and Glen Campbell at his most grandiose. "The last record was pretty straight-up live, fixed with a band and orchestration. So, I really felt like doing something more explosive this time."

The new record finds Rhys committing completely to the sounds of

PROVIDED

Tropicalia, bossa nova, and Afrofunk with a little mix of his electronic experimentation. Rhys started working on the record after collaborating with Blur and Gorillaz mastermind Damon Albarn on his Africa Express "MOLO" EP. While working on those sessions, Rhys' eyes opened to the possibility of creating an album incorporating these sounds. He had also struck up a friendship with the South African electronic producer Muzi who, in the producer's chair, would help him obtain the lush nylon string guitar-led sound he envisioned in his mind.

"I've been listening to a lot of Brazilian artists for quite some time," Rhys explains, regarding the inspiration behind the new album's direction. "And the Spanish guitars ... acoustic guitar has become my main instrument. I guess this is a really stripped-down album, based around the kind of Brazilian-style guitar playing. I spent some time in Brazil between 10 and 15 years ago. I recorded quite a lot in Brazil, I ended up buying lots of Brazilian songbooks that had a lot of Brazilian chords. It changed the way I played guitar, I think. Those chords are still with me. A lot of the songs on 'Pang!' have been written using the chords of bossa nova."

Another stylistic change to the record is that this time out, Rhys had chosen to sing the whole record in his first language, Welsh, rather than English. That choice makes this record feel like a lost Welsh psychedelic Tropicalia record that vinyl cratediggers would covet and pay top dollar for on sites like Discogs.

Apparently, Rhys needed some coaxing to go in this direction from his new creative partner. "The album started its life with the second track on the album, 'Bae Bae Bae,' and I sent that to Muzi, and he'd learned the Welsh language a bit. I asked him if he'd be interested in recording a whole album and he said he would be if it was all in Welsh, which was not necessarily what I was expecting. I had a bunch of Welsh-language songs. It's my first language, and I was more than happy to comply."

Make sure to catch Gruff Rhys this Thursday, Sept. 5, when he plays the rooftop of Bushwick venue Elsewhere.

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Projecting Giants, Jets Week 1 depth charts after final cuts

Metro attempts to piece together the Week 1 depth charts of both NYC-area teams.

JOE PANTORNO
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While Labor Day weekend is the final weekend without NFL games that matter until February, it provided the end of the line for countless roster hopefuls.

Cut day finished trimming pro rosters from 90 to 53 players as the final list of combatants for each team is now official for the 2019 season.

At MetLife Stadium, the Giants are in the midst of a rebuild despite a perfect preseason where there are uncertainties at almost every corner of the roster other than running back, where Saquon Barkley will star.

Expect the torch to be passed from Eli Manning to Daniel Jones at some point this season as the Duke product is poised to be the next franchise quarterback. However, there won't be an overabundance of targets as a wide-receiving corps without Odell Beckham Jr.

For the Jets, their roster is on the verge of completion ahead of their season-opener on Sunday against the Buffalo Bills. While Week 1 provides a familiar opponent, there is a legitimate hope amongst a tortured fan base that contention is just around the corner.

Gang Green's quarterback of the future in Sam Darnold continues to develop toward what many are hoping will be a Pro-Bowl level. Jets management, which changed hands during the offseason, nabbed star running back Le'Veon Bell on the free-agent market to give Darnold his best weapon yet.

Before we get to our extensive NFL previews later this week, we broke down what the Giants and Jets' depth charts will look like for Week 1 this Sunday now that the rosters are down to 53 men.

GIANTS PROJECTED WEEK 1 DEPTH CHART

OFFENSE

WIDE RECEIVER	LEFT TACKLE	LEFT GUARD	CENTER	RIGHT GUARD	RIGHT TACKLE	TIGHT END
STERLING SHEPARD	NATE SOLDER	WILL HERNANDEZ	JON HALAPIO	KEVIN ZEITLER	MIKE REMMERS	EVAN ENGRAM
CODY LATIMER		ERIC SMITH	SPENCER PULLEY	NICK GATES	CHAD SLADE	RHETT ELLISON
RUSSELL SHEPARD						GARRETT DICKERSON
DARIUS SLAYTON						

RUNNING BACK	QUARTERBACK	FULLBACK
SAQUON BARKLEY	ELI MANNING	ELI PENNY
WAYNE GALLMAN	DANIEL JONES	
PAUL PERKINS	ALEX TANNEY	

DEFENSE

CORNERBACK	LEFT DEF. END	NOSE TACKLE	RIGHT DEF. END	STRONG SAFETY	FREE SAFETY
JANORIS JENKINS	DALVIN TOMLINSON	DEXTER LAWRENCE	BJ HILL	JABRILL PEPPERS	ANTOINE BETHEA
DEANDRE BAKER	JOHN JENKINS	OLSEN PIERRE	RJ MCINTOSH	MICHAEL THOMAS	JULIAN LOVE
GRANT HALEY				SEAN CHANDLER	
ANTONIO HAMILTON					
SAM BEAL					

WEAKSIDE LB	LEFT INSIDE LB	RIGHT INSIDE LB	STRONGSIDE LB
LORENZO CARTER	TAE DAVIS	ALEC OGLETREE	KAREEM MARTIN
OSHANE XIMINES	RYAN CONNELLY		MARKUS GOLDEN

JETS PROJECTED WEEK 1 DEPTH CHART

OFFENSE

WIDE RECEIVER	LEFT TACKLE	LEFT GUARD	CENTER	RIGHT GUARD	RIGHT TACKLE	TIGHT END
ROBBY ANDERSON	KELVIN BEACHUM	KELECHI OSEMELE	RYAN KALIL	BRIAN WINTERS	BRANDON SNELL	RYAN GRIFFIN
QUINCY ENUNWA	BRENT QVALE	ALEX LEWIS	JON HARRISON	TOM COMPTON	CHUMA EDOGA	DANIEL BROWN
JAMISON CROWDER						TREVON WESCO
JOSHUA BELLAMY						
BRAXTON BERRIOS						

RUNNING BACK	QUARTERBACK	RUNNING BACK
LE'VEON BELL	SAM DARNOLD	BILAL POWELL
TY MONTGOMERY	TREVOR SIEMIAN	TRENTON CANNON

DEFENSE

CORNERBACK	LEFT DEF. END	NOSE TACKLE	RIGHT DEF. END	STRONG SAFETY	FREE SAFETY
TRUMAINE JOHNSON	LEONARD WILLIAMS	STEVE MCLENDON	HENRY ANDERSON	JAMAL ADAMS	MARCUS MAYE
DARRYL ROBERTS	NATHAN SHEPHERD	QUINNEN WILLIAMS	BRONSON KAUFUSI	MATTHIAS FARLEY	RONTEZ MILES
BRIAN POOLE	J. FRANKLIN-MYERS		KYLE PHILLIPS	BENNETT JACKSON	DOUG MIDDLETON
NATE HAIRSTON					
ARTHUR MAULET					

WEAKSIDE LB	LEFT INSIDE LB	RIGHT INSIDE LB	STRONGSIDE LB
JORDAN JENKINS	CJ MOSELY	NEVILLE HEWITT	HARVEY LANGI
FRANKIE LUVU		BLAKE CASHMAN	
TARELL BASHAM			

With Djoker out, will Nadal, Fed meet in Queens?

Two of the game's best could meet in the U.S. Open Final for the first time ever.

ADAM ZAGORIA
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With Novak Djokovic now out of the U.S. Open, is this the year that Roger Federer and Rafael Nadal finally square off in New York?

The chances of it happening for the first time certainly increased after Djokovic, the No. 1 player in the world and defending Open champion, retired with a left shoulder injury Sunday night against Stan Wawrinka in the fourth round.

That opens up the top half of the draw for the No. 3 seed Federer, the five-time U.S. Open champ who could have faced Djokovic in the semifinals.

Nadal, the No. 2 seed and three-time Open winner, is the favorite to come through the bottom half of the draw.

"Obviously, Rafa has been playing well and Roger and the other guys," Djokovic said after bowing out down 6-4, 7-5, 2-1 to Wawrinka and getting booed by fans in the process.

Asked about the crowd's reaction in Arthur Ashe Stadium when he threw in the towel following a double fault, Djokovic said, "What can I tell you?"

Federer and Nadal have met 40 times in their careers with the Spaniard holding a 24-16 advantage. They have met twice this year in majors, with Nadal destroying Federer in the French Open semifinals en route to his 12th title there, and Federer getting the better of Nadal in four sets in the Wimbledon semis. Federer then could not convert a double-match point in the final against Djokovic and lost in a five-hour, five-set epic.

Roger Federer (left) and Rafael Nadal (right). GETTY IMAGES

A year ago, Federer and Nadal could have met in the semifinals in New York but Federer lost to Juan Martin del Potro in the quarterfinals before an injured Nadal retired against del Potro in the semis. Djokovic ended up beating del Potro in the final.

Now here we are again, with Federer and Nadal on opposite sides of the draw — and Djokovic out. The only place they could meet would be in the final on Sunday.

Nadal, 33, was asked on ESPN before the Djokovic match what it would mean to finally face Federer, 38, in New York.

"Well, for me it will mean a lot today because that means that I'm going to be in the final," he said with a laugh.

On the top half of the draw, Federer will next face unseeded Grigor Dimitrov in the quarterfinals on Tuesday. Federer is 7-0 against the man they call "Baby Fed."

"This is the big quarters for him, obviously with an opportunity against me," Federer said after destroying No. 15 David Goffin in straight sets on Sunday. "I'm aware of the fact it's a big match for him.

"Yeah, I've done well against him in the past. But a new match, new Grigor, new me again."

Wawrinka, not Djokovic, will face No. 5 Daniil Medvedev in the other quarterfinal on the top half of the draw. The two have never met. Wawrinka owns three Grand Slam titles while Medvedev is into his first major quarterfinal.

"He's been playing amazing tennis, making final after final, winning Cincinnati, winning here a lot," said Wawrinka, the 2016 Open champ. "It's going to be an interesting match to play against him. I'm looking forward to it. It's the quarterfinal. It's going to be, for sure, a great level. I'm excited to play."

Federer and Nadal remain alive to add to their historic Grand Slam totals. Federer is the all-time men's leader at 20, with Nadal in second at 18. If the stars align for tennis fans worldwide and New Yorkers in particular, they could finally meet for the title.

Djokovic, winner of four of the last five majors, will have to watch the rest of the tournament unfold without him.

"Look, it's no secret that I have of course desire and a goal to reach the most slams, you know, and reach Roger's record," he said. "But at the same time, it's a long road ahead hopefully for me. I hope I can play for many more years. I'm planning to. I mean, I don't see an end behind the corner at all.

"Now it's a matter of keeping my body and mind in shape and trying to still peak at these kinds of events that are majors and that are the most significant in our sport."

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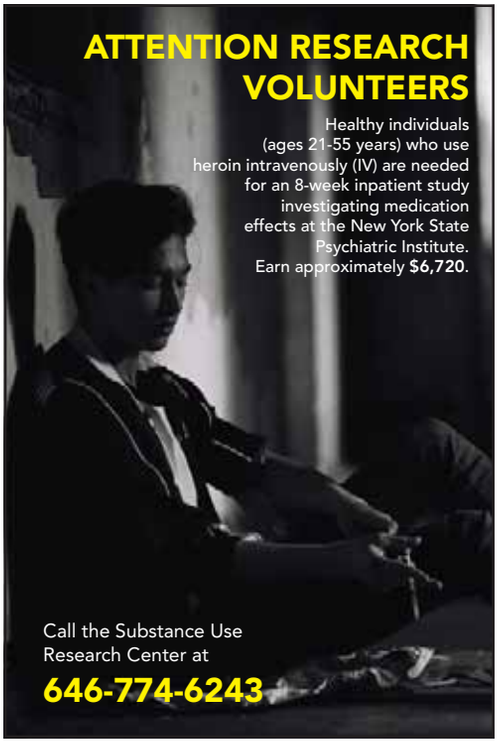
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LEGAL NOTICES

SUPREME COURT OF THE STATE OF NEW YORK
COUNTY OF NEW YORK

TD BANK, NA
Plaintiff,

Index No. 655202/2018

v.

Date Index Purchased: October 19, 2019

CC ENGLISH, INC.; and KOT MAN CHENG, Defendants.

SUMMONS WITH NOTICE BY PUBLICATION PURSUANT TO CPLR316

TO THE ABOVE NAMED DEFENDANT:

Kot Man Cheng, 34 Monroe Street, Suite CA9, New York, NY 10002

You are hereby summoned and required to serve upon plaintiff's attorney, at the address below, an answer to the Complaint bearing Index No.: 655202/2018 within 58 days after the first publication date of this notice (per CPLR 316 service is complete on the twenty-eight day after the first publication), exclusive of such date.

If you do not serve an answer to the Complaint within the applicable time limitation stated above, a judgment may be entered against you, by default, for the relief demanded in the complaint, without further notice to you.

The action will be heard in the Supreme Court of the State of New York, in and for the County at New York.

Plaintiff designates New York County as place of trial and venue is based on C.P.R.L. ss 503.

The foregoing summons is being served upon you by publication pursuant to an Order of the Honorable Melissa A. Crane, J.S.C., New York County, dated and filed with the Complaint and other papers in the Office of the Clerk of the Supreme Court, New York County.

Dated: July 26, 2019

MEYNER AND LANDIS LLP
Attorneys for Plaintiff
TD BANK, N.A.

By: Javier Lopez, Esq.
One Gateway Center,
Suite 2500
Newark, New Jersey 07102
jlopez@meyner.com
(973) 602-3436

New York Address
100 Park Avenue,16" Floor
New York, New York 10017
(516) 683-0171

NOTICE: This civil action has been pending since October 19, 2018, when Plaintiff filed its Summons and Verified Complaint ("Summons and Complaint") against defendants, Kot Man Cheng ("Guarantor") and CC English, Inc. ("Borrower") (Guarantor and Borrower are hereinafter collectively referred to as the "Obligors") seeking a joint and several Judgment against the Obligors for defaulting on the Note as more fully set forth in the summons and Complaint. In the event of default by the Guarantor, Plaintiff will obtain a judgment for the principal amount of $41,996.07 plus interest, late fees, appraisal and inspection fees and reasonable legal fees and costs all in accordance with the Loan Documents and more fully set forth in the Complaint.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Tavern, under the Alcoholic Beverage Control Law at 125 2nd Ave., New York, NY 10003. New York County, for on premises consumption. YPB Corp. d/b/a TBD

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Tavern, under the Alcoholic Beverage Control Law at 12 E. 36th Street, New York, NY 10016. New York County, for on premises consumption. 12 E. 36th St., LLC d/b/a TBD.

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT -
COUNTY OF QUEENS
U.S. BANK NATIONAL ASSOCIATION, AS TRUSTEE, ON BEHALF OF THE HOLDERS OF THE CSMC MORTGAGE-BACKED PASS-THROUGH CERTIFICATES, SERIES 2007-1, Plaintiff, Against ANNOLIO TOUSSAINT, MARIE TOUSSAINT, ET AL., Defendant.
Pursuant to a Judgment of Foreclosure and Sale, duly entered 12/6/2018, I, the undersigned Referee, will sell at public auction, in Courtroom #25 of the Queens County Supreme Court, 88-11 Sutphin Boulevard, Jamaica, NY 11435, on 9/13/2019 at 10:00 am, premises known as 104 23 214th Street, Queens Village, NY 11429, and described as follows: ALL that certain plot piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens and State of New York, and designated on the tax maps of the Queens County Treasurer as Block 11099 and Lot 27.
The approximate amount of the current Judgment lien is $441,008.25 plus interest and costs. The Premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale; Index # 709871/2015.
Dominic A. Villoni, Esq., Referee.
SHELDON MAY & ASSOCIATES
Attorneys at Law,
255 Merrick Road,
Rockville Centre, NY 11570
Dated: 7/18/2019
File Number: 28909 MNB

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 175 Avenue B, New York, NY 10009. New York County, for on premises consumption. Khiladi LLC d/b/a Khiladi.

NOTICE IS HEREBY GIVEN that a license, Number 1317717, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 91-09 43rd Ave., Elmhurst, NY 11373. Queens County, for on premise consumption. Viva Juarez Restaurant Corp.

NOTICE IS HEREBY GIVEN that a license, Number TBA, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 1572 2nd Ave., New York, NY 10028. New York County, for on premises consumption. Roccos Partners LLC.

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NOTICE OF SALE

SUPREME COURT -
COUNTY OF QUEENS
WILMINGTON TRUST, NA, SUCCESSOR TRUSTEE TO CITIBANK, N.A, AS TRUSTEE, F/B/O THE REGISTERED HOLDERS OF STRUCTURED ASSET MORTGAGE INVESTMENTS II TRUST 2007-AR7, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2007-AR7, Plaintiff,
Index No.: 1413/2013
Against BELDON SCOTT, ET AL Defendant(s)
Pursuant to a Judgment of Foreclosure and Sale, duly entered 7/5/2019, I, the undersigned Referee, will sell at public auction, in Courtroom #25 of the Queens County Supreme Court, 88-11 Sutphin Boulevard, Jamaica, NY 11435, on 9/20/2019 at 10:00 am, premises known as 197-20 Linden Blvd, Saint Albans, NY 11412 and described as follows: ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens and County of Queens, City and State of New York and designated on the tax maps of the Queens County Treasurer as Section 1 Block 12618 Lot 10
The approximate amount of the current Judgment lien is $528,846.25 plus interest and costs. The premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale;
Index # 1413/2013.
If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney.
Alan Cary Kestenbaum, Esq., Referee.
Leopold & Associates, PLLC,
80 Business Park Drive, Suite 110,
Armonk, NY 10504
Dated: 8/1/19 YW

NOTICE IS HEREBY GIVEN that a license, Number 1320548, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 2012 2014 Broadway, New York, NY 10023. New York County, for on premise consumption. SDS Dining Corp.

NOTICE IS HEREBY GIVEN that a license, Number TBA, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 409 Greene Ave., Brooklyn, NY 11216. Kings County, for on premises consumption. Filthy Diamond LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1316324, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Tavern under the Alcoholic Beverage Control Law at 53 Westchester Sq., Bronx, NY 10461. Bronx County, for on premises consumption. Plush 101 Inc.

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All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

GAMES

metro.us/crossword

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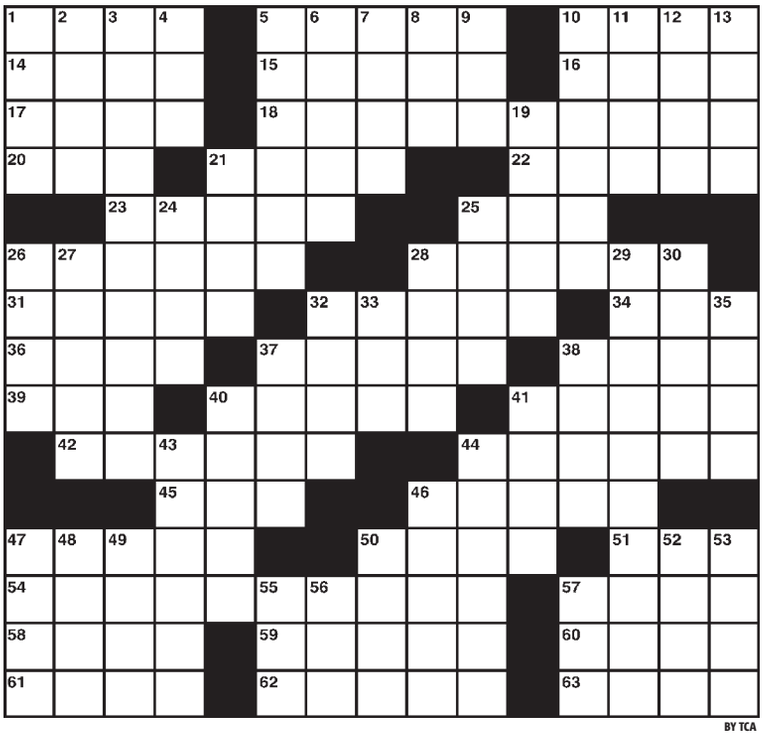
ACROSS

1 "__ riddance!"
5 Jacob & Esau's dad
10 Trade
14 Take a fancy to
15 Lofty; virtuous
16 "Frosty the Snowman __ jolly..."
17 Misfortunes
18 Toe dancers
20 Win __ nose; barely make it
21 Jab
22 Many golf tournaments
23 Those listed in a will
25 Ms. McClanahan
26 Selected
28 __ with; tolerates
31 Frolics
32 Snatches
34 Just purchased
36 Out of town
37 Sudden attacks
38 __ point
39 Canister
40 Housekeepers
41 TV's Morley
42 Accompany & protect
44 Bell tower
45 Tint
46 See eye __; agree
47 Star of TV's "Lou Grant"
50 Bird of prey
51 ABC rival
54 Writer's college major
57 Cease
58 Actress Sheedy
59 Creamy coffee
60 German title
61 "__ Out the Barrel"
62 Actor Buddy
63 Jittery

DOWN

1 Insincerely smooth
2 Greasy
3 Sooners
4 Arles article
5 Natural
6 __ up; absorbs
7 Suffix for comfort or fashion
8 __ the time; constantly
9 Mediocre grade
10 Steals
11 Dwindle
12 Comparison words
13 Go by
19 Disastrous defeats
21 Dessert choices
24 Catch sight of
25 Massages
26 Grouch
27 Mr. Mandel
28 Legal __
29 Unruffled
30 "__ Piper picked a peck..."
32 Trot or canter
33 Done with
35 Cautious
37 Seldom seen
38 Actor Tim
40 Weep for
41 Ask for
43 Ladd or Tiegs
44 Archers
46 Single bite
47 Slightly open
48 Fly alone
49 Not valid
50 Successes
52 Björn with a racket
53 Full of pep
55 Drink in a stein
56 Friendly dog
57 That woman



BY TCA

metro.us/wordsearch

O	C	L	H	A	W	K	E	Y	E	
E	D	U	N	I	A	T	P	A	C	
M	K	S	T	H	O	R	F	K	B	
N	O	C	L	A	F	I	W	M	P	
O	H	A	A	M	E	R	I	C	A	
I	U	R	P	L	Q	O	D	E	R	
S	L	L	E	Z	B	N	O	E	K	
I	K	E	T	B	J	M	W	F	E	
V	C	T	E	K	D	A	T	U	R	
U	T	S	R	E	G	N	E	V	A	

America
Avengers
Black
Captain
Falcon
Hawkeye
Hulk
Iron Man
Parker
Peter
Scarlet
Thor
Vision
Widow
Witch

metro.us/wander

Category: Musician

R	A	I	S
T	A	N	K
F	R	A	N

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

	8	2		4	3	9		
	6			2	1			8
	5		6		7	4		
	4			9	5			
8			1		2			9
			8	7			1	
		6	7		9		5	
5			4	1			3	
		4	2	5		1	9	

Yesterday's Answers

T	R	I	O		A	D	L	I	B		F	R	O	G
Y	E	L	L		C	R	A	N	E		L	I	M	O
P	I	L	E		C	O	C	K	A	M	A	M	I	E
O	N	A		H	U	N	K			O	U	S	T	S
		D	O	U	S	E			W	O	N			
S	A	V	A	G	E			T	A	R	T	A	N	
E	L	I	T	E		S	C	O	R	E		P	O	T
T	O	S	S		R	E	I	G	N		G	O	B	I
S	H	E		B	E	A	D	S		P	A	L	E	R
	A	D	O	R	N	S			O	R	I	O	L	E
			P	E	T			P	R	O	N	G		
I	N	D	I	A			B	R	A	D		E	L	F
R	O	U	N	D	A	B	O	U	T		S	T	A	R
K	N	E	E		M	I	L	N	E		K	I	T	E
S	O	L	D		A	N	D	E	S		I	C	E	D

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